

August 2018

Anne Gordon Center for Active Adults 919-996-4720



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--------|
| | | 1 1:30p-4:00p Wed Movie * <i>I Can Only Imagine— PG</i> | 2 10:00a-11:30a Google Photos \$ 11:15a-12:15p Learn to Line Dance \$ | 3 |
| 6 1:00p-4:00p SHIIP Counseling by Appointment only * 1:30p-2:30p Noggin Joggin * | 7 9:15a-12:15p Watercolor for beginners \$ | 8 1:30p-4:00p Wed Movie * <i>The Death of Stalin— PG-13</i> | 9 10:00a-11:30a Google Photos \$ 1:00p-2:00p Ride Sharing Lyft and Uber * | 10 |
| 13 9:30a-4:00p SHIIP Counseling by Appointment only * | 14 9:15a-12:15p Watercolor for beginners \$ | 15 1:30p-4:00p Wed Movie * <i>Borg Vs. McEnroe— R</i> | 16 10:00a-11:30a Computer Basics 1 \$ 2:00p-3:00p Understanding Beneficiary Designations * | 17 |
| 20 1:00p-4:00p SHIIP Counseling by Appointment only * 1:30p-2:30p Noggin Joggin * | 21 9:15a-12:15p Watercolor for beginners \$ | 22 1:30p-4:00p Wed. Matinee * <i>Chappaquiddick - R</i> | 23 10:00a-11:30a Computer Basics 1 \$ 1:00p-2:00p Think well and stress less at home * | 24 |
| 27 9:30a-4:00p SHIIP Counseling by Appointment only * 1:00p-3:00p Read & Go Discussion <i>Murder In Maryberry</i> * | 28 | 29 1:30p-4:00p Wed. Matinee * <i>Lean On Pete— R</i> | 30 1:00p-2:00p Gov. Benefits for Long Term Care * | 31 |

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|--|---|--|---|--|
| 9:00-12:00 Men's Monday Mornings * | 9:15 -10:00 Seniorcise \$ | 9:30-1:00 55+ Club Cards \$ | 9:15-10:00 Seniorcise \$ | 9:15-10:00 Zumba Gold \$ |
| 9:15-10:15 Chair Yoga \$ | 9:15-10:00 Zumba Gold \$ | 1:00-3:00 Open Play Cards and Mah Jongg * | 9:15-10:15 Gentle Yoga \$ | 9:30-12:00 Bingo \$ |
| 10:30-11:30 Gentle Yoga \$ | 10:15-11:00 Aerobic Fit \$ | 1:30-3:30 Wednesday Matinee* (over for movie titles) | 10:15-11:00 Aerobic Fit \$ | 10:30-11:15 Qi Gong \$ |
| 11:45-12:45 Dance Xross Fitness \$ | 10:30-11:15 Qi Gong \$ | 3:30-4:30 Gentle Yoga \$ | 10:30-11:15 Chair Yoga \$ | 11:30-12:15 Qi Gong for Joint Health \$ |
| 1:00 -1:45 T'ai Chi Chair Beginners \$ | 11:30-12:30 Shibashi \$ | | 11:30-12:15 Chair Yoga \$ | 12:30-4:00 Open Play Cards and Mah Jongg * |
| 2:00-2:45 Tai Chi Intermediate \$ | 12:30-3:00 Open Play Cards and Mah Jongg* | | 12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$ | 1:00-2:00 Line Dance Beginner/Improver * |
| 3:00-3:45 Tai Chi Adv. \$ | 1:00-1:45 Zumba Gold Chair \$ | | 1:00-1:45 Zumba Gold \$ | 2:15 - 3:15 Line Dance Introduction * |
| 4:00-5:30 Line Dance Open Studio * | 2:00-2:45 Ageless Grace \$ | | 1:30-2:15 Tai Chi Beginners \$ | |
| | 2:00-4:00 Knitting and Crocheting \$ | | 2:00-4:00 Knitting and Crocheting \$ | |
| | 4:00-5:30 Line Dance Open Studio * | | 2:30-3:15 Tai Chi Adv Sun Style Part 1 \$ | |

The center is open Monday-Friday 9:00am-6:00pm

Programs on this side meet every week.

Programs on the other side are just on those specific dates.

*** = Free Program**

\$ = Registration Fee

Don't Wait - Register Early! Programs and classes that do not meet the minimum number of registrants have to be cancelled, and **some classes may fill up.** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.